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Calm in Connection: The Role of Technology-Supported Mindfulness Intervention for Maternal Depression

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Background

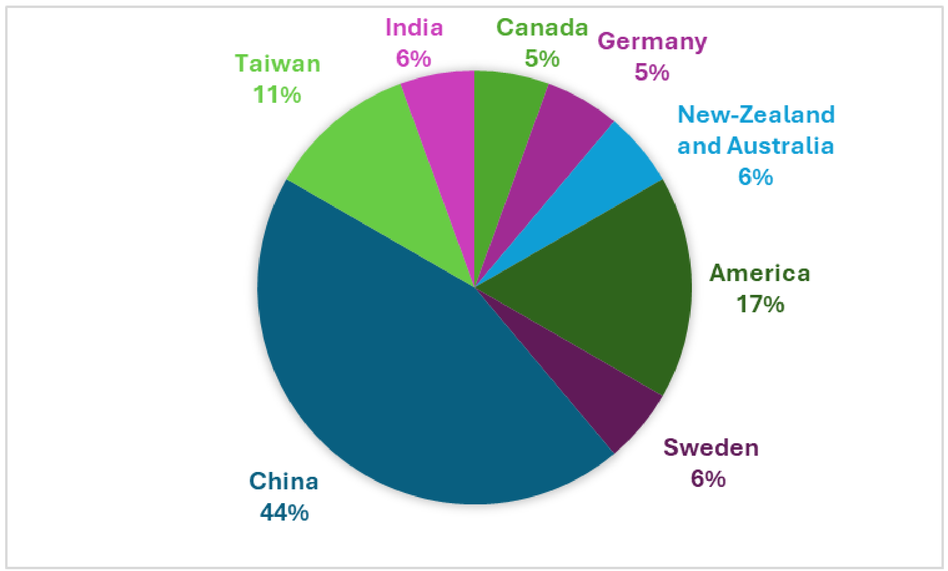
Maternal depression is a pregnancy and childbirth-related depression that can happen during the pregnancy: prenatal depression (PND), or after delivery: postpartum depression (PPD). Mindfulness interventions have been shown effective for both PND and PPD but access remains limited, especially in low- and middle-income countries. Technology-supported interventions could help to further implement these techniques

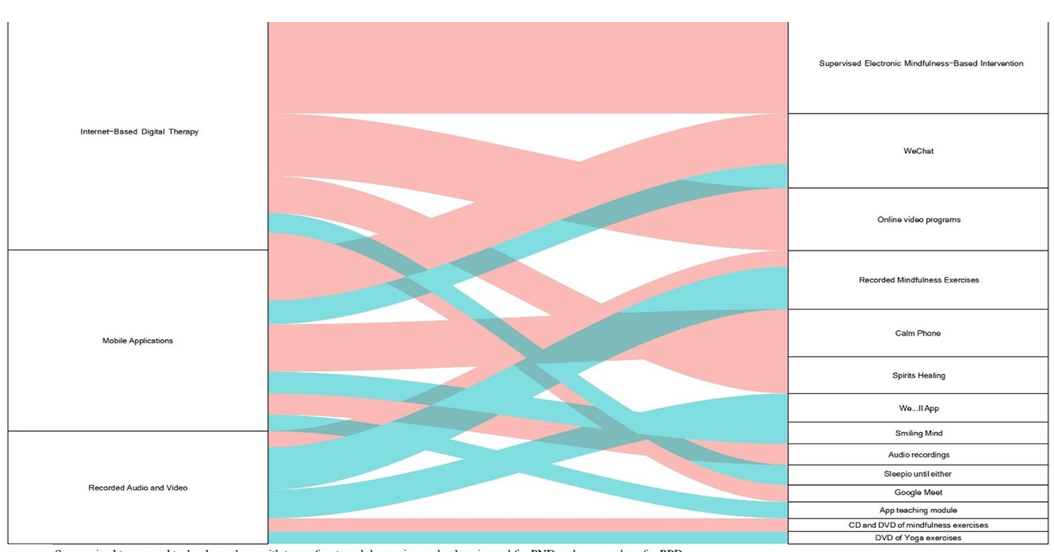
Aim

This study aims to identify available studies assessing technology-supported mindfulness interventions (MBI), to describe the different technologies available and to estimate pooled effect of these techniques for maternal depression.

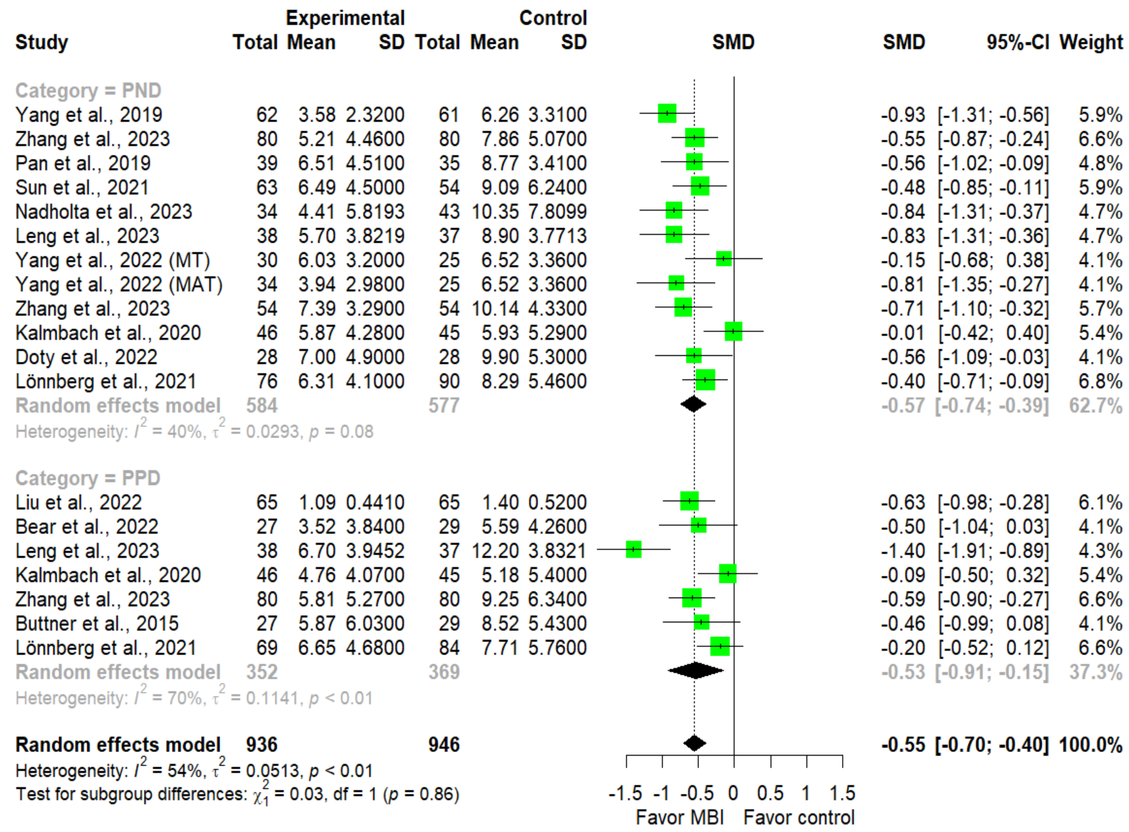
Method

-Protocol registration (CRD42024537853)
-Databases: PubMed, Web of Science, Scopus, and PsycINFO
-PICOS
Population: Pregnant women with/without PND, -Postpartum women with/without PPD
Intervention: MBIs supported with technology
Comparison: Conventional care, or -MBIs alone (delivered without support with any technology), or -No intervention
Outcome: Maternal depression
Design: RCTs





Summarized types used technology along with type of maternal depression, red colour is used for PND and green colour for PPD



Conclusion, Clinical Implication & Research Gap

- Technology-supported MBIs is promising effective therapeutic approaches: PND & PPD
- Integration of this intervention should be considered in clinical settings: MHS
- Technology-supported MBI services can be conveniently delivered via various modalities
- Research requirement In LMICs, for quality of evidence, for the considerable heterogeneity

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